



# MAPA DE AULAS

## VIVAGYM SHOPPING CIDADE DO PORTO



DATA DE INICIO: 3/11

| INICIO | SEG             | TER             | QUA             | QUI             | SEX             | SÁB             | DOM             |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 07:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 07:30  | GAP             | FIT MOVES       | PILATES         |                 | V-POWER         |                 |                 |
| 08:00  |                 |                 | ABS             | ABS             | ABS             |                 |                 |
| 08:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 09:00  |                 |                 | ABS             | ABS             | ABS             |                 |                 |
| 09:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 10:00  | V-POWER         |                 | YOGA            |                 | V-MIND          |                 |                 |
| 10:00  |                 |                 | ABS             | ABS             | ABS             |                 |                 |
| 10:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 10:30  |                 |                 |                 |                 |                 | V-POWER         |                 |
| 11:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 11:30  |                 |                 |                 |                 |                 | CYCLING         |                 |
| 12:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 12:15  |                 | YOGA            |                 |                 |                 |                 |                 |
| 12:45  | HYBRID WOD      |                 |                 | FIT MOVES       | FIT MOVES       |                 |                 |
| 12:45  |                 |                 | 3B              | GAP             | ZUMBA           |                 |                 |
| 13:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | CYCLING         | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 13:15  | PILATES         | V-POWER         |                 |                 |                 |                 |                 |
| 13:30  |                 |                 | V-MIND          | V-POWER         |                 |                 |                 |
| 14:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 15:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 16:00  | ABS             | ABS             | ABS             | ABS             | ABS             |                 |                 |
| 16:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 17:00  | ABS             | ABS             | ABS             | ABS             | ABS             |                 |                 |
| 17:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |
| 17:30  |                 |                 |                 |                 | PILATES         |                 |                 |
| 17:45  | 3B              | PILATES         | ZUMBA           | GAP             |                 |                 |                 |
| 17:45  | CROSS WOD       | CYCLING         |                 | FIT MOVES       |                 |                 |                 |
| 18:00  | ABS             | ABS             | ABS             | ABS             | ABS             |                 |                 |
| 18:30  | V-MIND          | V-POWER         |                 |                 | YOGA            |                 |                 |
| 18:30  | CYCLING         |                 |                 |                 | CYCLING         |                 |                 |
| 18:45  |                 |                 | V-POWER         | PILATES         |                 |                 |                 |
| 19:45  | V-POWER         | DANCE           | V-MIND          | V-FIGHT         |                 |                 |                 |
| 20:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 21:15  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |

LANÇAMENTO  
**DE NOVAS  
AULAS**



DESDE 1 DE SETEMBRO



A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORÁRIO POR RAZÕES EXTERNAS.



O USO DE TOALHA É OBRIGATORIO.



NÃO PODERÁ ENTRAR NA SALA APOS 5 MINUTOS DO INICIO DA AULA.

|                       |                     |             |
|-----------------------|---------------------|-------------|
| CORPO E MENTE         | CYCLING             | COREOGRAFIA |
| CORPO E MENTE VIRTUAL | CYCLING VIRTUAL     | FUNCIONAL   |
| CARDIO                | TONIFICAÇÃO         | ABDOMINAIS  |
| CARDIO VIRTUAL        | TONIFICAÇÃO VIRTUAL |             |

RESERVA A TUA VAGA NA ÁREA CLIENTE EM [www.vivagym.pt](http://www.vivagym.pt) OU APP